

# Time Out

## New York

323  
FREE EVENTS!

### You asked for it *Liquid diets*

Date:  
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To: eatout@timeoutny.com  
Subject: Liquid Diets

I got mugged in Brooklyn (what is this, the '80s?). If the beating wasn't enough, now I have to live with my jaw being wired shut—it means **six to eight weeks of a liquid diet.** For a guy who loves to eat, that poses a problem. My doctor assured me that he does this procedure up to four times a week. A lot of New Yorkers must be going through the same thing!

Myles O. Stiffler

To be stuck with a wired jaw—in the culinary capital of the world, no less—is an awful predicament, but there are options beyond throwing a Big Mac in the blender. **TONY's** Eat Out team has all sorts of favorite slurpables, so grab your favorite straw for these liquid treasures.

#### Breakfast

##### Papaya shake

This sweet combo of papaya and milk can be made with or without sugar.

##### ► El Malecon

4141 Broadway at 175th St,  
212-927-3812

##### Green-tea milkshake

"It's kind of like an adult milkshake," says owner Kenny Lao. With matcha (green-tea powder), whole milk and simple syrup, it's a caffeine blast without the coffee grounds.

##### ► Rickshaw Dumpling Bar

61 W 23rd St between Fifth and Sixth Aves, 212-924-9220,  
rickshawdumplings.com

##### Mango lassi

Forget your morning Yoplait; a lassi is fruitier and easier to slurp on the go. Try the less conventional banana flavor, or a salted lassi for a break from the sweets.

##### ► Pakistan Tea House

176 Church St between Duane and Reade Sts, 212-240-9800

##### Cocada

This coconut milkshake is topped with shredded coconut and sprinkled with cinnamon.

##### ► Caracas Arepa Bar

93 E 7th St between First Ave and Ave A,  
212-529-2314,  
caracasarepabar.com

#### Snack

##### Kiwi shake

Swap a fruit salad for a pleasantly pulpy and tart mixture of kiwi and sugar, with or without milk.

##### ► Vegetarian Dim Sum House

24 Pell St between Doyers and Mott Sts, 212-577-7176

##### Jamaica agua

This water-based drink—it's little more than hibiscus flower in water, sweetened with sugar—is a deep ruby-red color with a tart, floral and fruity taste.

##### ► Tulcingo del Valle

665 Tenth Ave between 46th and 47th Sts, 212-262-5510,  
tulcingorestaurant.com

##### Papa Low

Passion fruit meets papalo (a cilantro-like herb) and hot jalapeños in one of this Mexican spot's signature drinks.

##### ► Mercadito Cantina

172 Ave B, between 10th and 11th Sts, 212-388-1750,  
mercaditony.com

##### Sachlab

Made with vanilla, it's "like a warm, liquidy pudding," says owner Ayala Hodak, who occasionally features it on the menu. Those committed to sipping should pass; you chew the pistachio and shredded coconut.

##### ► Taboon

773 Tenth Ave at 52nd St, 212-713-0271

#### Dessert

##### Toasted marshmallow shake

Like the best night at summer camp ever, rendered in liquid form: Vanilla gelato is mixed with marshmallows and topped with two more, toasted, for a filling treat for those who can bite them.

##### ► Stand

24 E 12th St between Fifth Ave and University Pl,  
212-488-5900, standburger.com

##### Hot chocolate

Lose the Swiss Miss—here you drop a chocolate truffle lollipop into steamed milk and stir; stop when you decide it's chocolatey enough.

##### ► Batch

150B W 10th St at Waverly Pl, 212-929-0250, batchnyc.com

##### Lulo batida

The tropical lulo fruit is tart, so it's sweetened with sugar and milk to create a unique flavor—a little bit perfumed, with just a touch of kiwifruit taste.

##### ► Tierras Colombianas

33-01 Broadway at 33rd St, Astoria, Queens, 718-956-3012

##### Hot soy steamer

Sipping too much milk is just asking for a bellyache. Try steamed soy milk with ginger and honey for a soothing sensation.

##### ► Soy Luck Club

115 Greenwich Ave at Jane St, 212-229-9191, soyluckclub.com



Rickshaw Dumpling Bar